

Tower Wood



Tower Wood is a five minute drive south of Bowness, situated on the south-east shore of Lake Windermere – the largest lake in England – at the heart of the Lake District.



Why do we take the children to Tower Wood Outdoor Education Centre?

- Health and Fitness - Outdoor Education
- Emotional and Social Wellbeing
- Promote understanding of environmental issues
- Complement our classroom-based lessons on Human Geography, Land Use and Mapwork
- Fun!

They provide:

- Fresh food cooked on site every day.
- 10 acres of private land.
- Drying rooms for wet kit.
- Private lake access.
- Their own transport.
- Fully equipped boathouse (*Wet suits, Lifejackets, Wellies all provided*)
- Experienced, helpful and friendly staff.
- Fully qualified instructors.

Standards at Tower Wood

- The site is annually inspected by the Adventure Activities Licensing Authority (AALA)
- All buildings and procedures are reviewed regularly by Lancashire County Council's Health and Safety Team and the School's Standards Service.
- Tower Wood is approved for sailing, Kayaking, Raft Building and Canoeing.



Communal block



Independence to build self-confidence, resilience and self-esteem

- Children have the opportunity to take responsibility for their own kit, bedding and packed lunches.
- On arrival at the accommodation, each child will be provided with bed linen to make their own bed.
- They will be given a list of kit they need to bring for each activity.
- Each morning, the children will be able to choose and make their own packed lunch.
- At meal times children will take it in turns to serve food to their table, clear dishes and re-set the table for the next meal.

Dining together



Drying rooms to hang your wet kit.



Practise putting a duvet in its cover
and a pillow in its slip!



Activities

Sailing

Quarry Exploring

Kayaking

Orienteering

Canoeing

Ghyll Scrambling

Raft building

Rock Climbing

Mountaineering

Lake Journey & Bush Craft

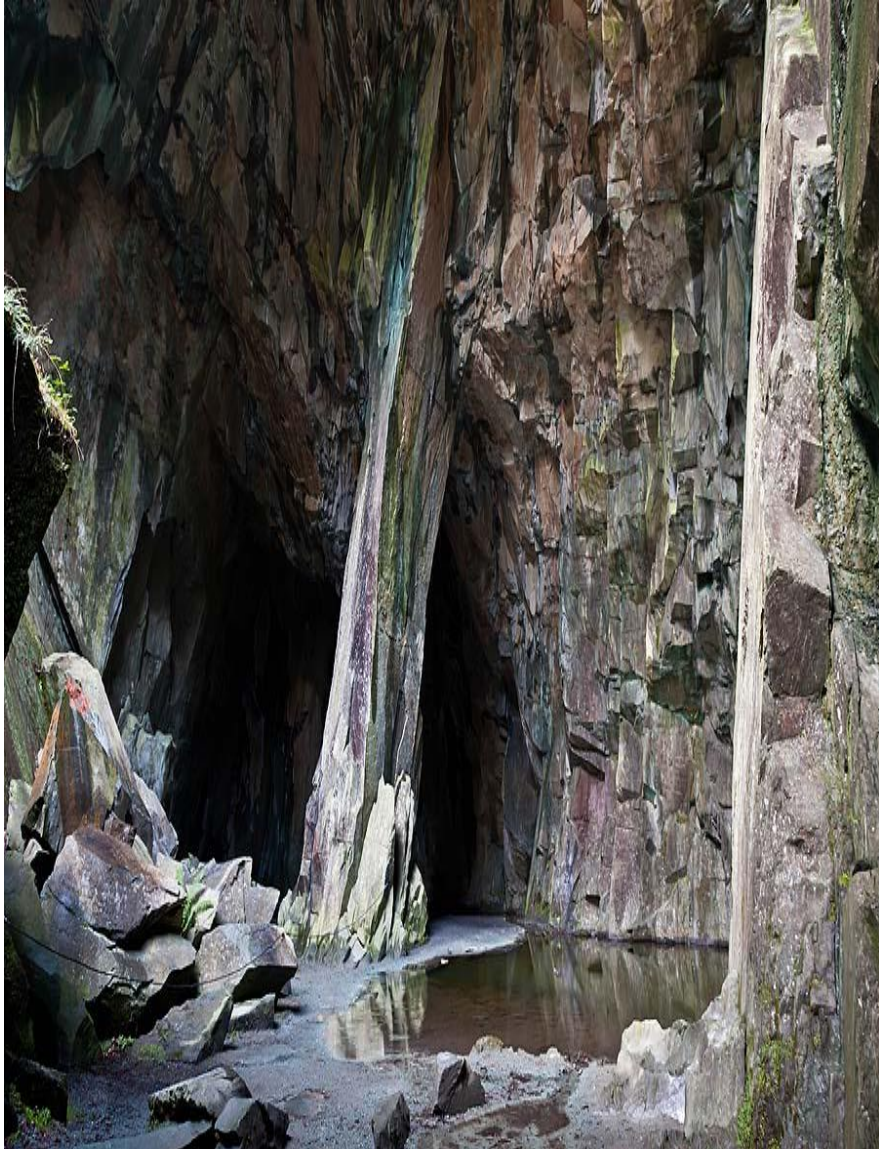
Kayaking





Off site activities

Cathedral Quarry



Stickle Ghyll

There is a full timetable of morning, afternoon and evening activities.



Behaviour

- We will, of course, be representing our school for the whole time that we are away. All children will be expected to treat everyone (peers, school staff and Tower Wood instructors) with respect and courtesy.
- Instructions must be obeyed quickly and sensibly during all activities – for the safety and enjoyment of everyone.
- Any inappropriate behaviour will result in parents being notified and, if deemed necessary, asked to collect children from the site.

What not to bring

- Mobile Phones, i-pads, tablets and other electrical items.
- Expensive digital cameras.
- Money – there's nothing to buy.
- Smart clothes / shoes.
- Aerosols.
- Glass drink bottles and cans.
- Sweets / snacks.

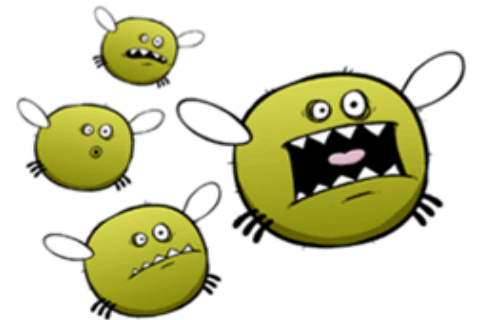


What to bring:

- All Items from your kit list.
- Everything packed into your case or bag that you must be able to carry yourself.
- Packed lunch & drink for the first day.
- A book to read before bed.

Medication

- Medical form completed and signed.
- Travel sickness medicine (*Each way*).
- Prescription medicine clearly labelled.
- Sun cream/ insect repellent.



Homework

- Practise putting a duvet into a cover and pillows into slips.
- Practise making sandwiches or tortilla wraps as you will be making your own packed lunch every morning.
- Label all clothes, shoes etc.

Have a great time!

